

Letter to the Editor

Although the efficacy of long-term epilation of unwanted hair by noncoherent filtered flashlamp intense pulsed light source has appeared in the literature [1–3], a thorough quality-of-life study on such patients has not been pursued. A 27-item questionnaire was distributed in the clinic to patients who received at least one treatment. Factors were assessed on a seven-point scale, where 1 is extremely negative and 7 is extremely positive. This evaluation included satisfaction with the treated area's appearance and texture, their body appearance and attractiveness to others, attractiveness change due to treatment(s), fear of not being attractive, and doctor-patient and staff-patient relations. Sixty-two patients (9 men and 53 women; average age, 35.7 years [range, 17 to 68 years]) completed one survey each.

Questionnaire results were pooled, and frequencies were calculated. Twenty-two patients (35%) reported experiencing pain during treatments, while four patients (7%) reported pain after treatments. Nine patients (15%) noted feeling anxious because of their treatments, and one patient (2%) felt depressed. One patients (2%) reported that treatments affected physical mobility, and two patients (3%) noted limitations on their social activities. There were no reports of limitations on work, sleep, health, or well being as a result of treatment.

Descriptive statistics was used to assess the patients' overall satisfaction, based on average ratings for their responses to the treated area's appearance and texture, body appearance and attractiveness change after treatment(s). This new variable ($n = 45$; mean = 2.63 [range, 1 to 3]) was then compared with all background and employ-

ment-related responses using independent t-tests for the equality of means assuming equal variance. When three or more categories were to be analyzed, oneway analysis of variance tests were performed. Surprisingly, anxious patients had a higher overall satisfaction with treatments than those who were not anxious because of treatments ($P = 0.007$). Those who noted pain during treatment were less satisfied overall ($P < 0.001$). Those reporting household income less than \$50K and greater than \$100K, showed better doctor patient relations ($F = 3.85$, $P = 0.028$), whereas those paying for their own rated their patient-staff relations significantly higher than when immediate family paid for treatments ($F = 6.98$, $P = 0.002$). This study demonstrates that high-intensity flashlamp photoepilation is a very well-tolerated method for the removal of unwanted hair.

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